



Girls Aloud



Girls Aloud is an all NEW group where women with learning disabilities can come together and talk about different topics such as women's health, fitness and relationships plus lots more.

Date	Topic	Meeting Point and Time
Monday 29 th April	Introduction	Tom Brown's, Dorchester 6.00pm – 7.30pm
Monday 13 th May	Women's health	Atrium Surgery, Dorchester 6.00pm – 7.30pm
Monday 20 th May	Breast screening	Dorchester Hospital Costa Coffee, Dorchester 6.00pm – 7.30pm
Monday 3 rd June	First Aid	Dorford Centre, Dorchester 6.00pm – 7.30pm
Monday 10 th June	Independent living	Dorford Centre, Dorchester 6.00pm – 7.30pm
Monday 17 th June	Volunteering and employment	Dorford Centre, Dorchester 6.00pm – 7.30pm
Monday 24 th June	Health and fitness	Anytime Fitness, Dorchester 6.00pm – 7.30pm
Monday 1 st July	Internet safety and friendships	Dorford Centre, Dorchester 6.00pm – 7.30pm
Monday 8 th July	Relationships	Tom Brown's, Dorchester 6.00pm – 7.30pm
Monday 15 th July	Using public transport to Weymouth, visiting the Park Centre	Coffee #1, Dorchester 6.00pm – 8.00pm
Monday 22 nd July	Fashion, hair and make up	Dorford Centre, Dorchester 6.00pm – 8.00pm

If you would like to come to all or some of the workshops please ring People First Dorset office on 01305 257600 and ask to speak to Zoe or e-mail zoe@peoplefirstdorset.org.uk

PLEASE NOTE: If you require support please bring it with you.

